



NEW JERSEY NATIONAL GUARD  
**JOINT FORCE HEADQUARTERS NEW JERSEY**  
3650 SAYLORS POND ROAD  
FORT DIX, NEW JERSEY 08640-7600

**ARMY BULLETIN NO. 5**

**23 January 2004**

**MUTA FY-04 FOURTEEN (14) DAY MENU (J4-FST)**

1. References;

- a. AR 30-22, dated 30 August 2002.
- b. DA Pam 30-22, dated 30 August 2002.
- c. Department of the Army Supply Bulletin, 10-263, dated 22 October 1988.

2. Attached herewith, is the MUTA FY-04 Fourteen (14) Day Menu, as amended by the NJARNG Installation Menu Board, in coordination with the Troop Issue Subsistence Activity (TISA), Fort Dix, New Jersey.

3. Appendix A, is the approved menu schedule for FY-04. On any given day, a unit requesting lunch meals may request a dinner meal as a substitute. This gives the individual unit the ability to select from the overall variety of meals as provided by the fourteen (14) day menu cycle. Units are reminded that when more than one meal is requested for a given day (Breakfast, Lunch and Dinner), the menu will be issued as outlined in Army Supply Bulletin 10-263.

4. There are no short order meals listed on the menu. However, arrangements have been made with TISA, Fort Dix, New Jersey, to issue the components of a cold sandwich meal or a hoagie meal to support the conduct of scheduled training activities. Utilization of these meals will be kept to a minimum. Components of these meals are listed in Appendix B. If short order meals are required, they will be requested in the item block of DA Form 3294R. Request Box Lunch 1 for the sandwich meal or Box Lunch 2 for the hoagie meal. Components for the picnic meal are also listed in Appendix B.

5. All previous published USPFO-NJ Letters of Instruction or Army Bulletins pertaining to Menus for IDT Weekends are rescinded.

6. The POC for additional information is CW2 John S. Garrison, J4-FST, (609) 562-0281.

OFFICIAL:

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**APPENDIX A**

<b>MUTA WEEKEND</b>	<b>DAY 1</b>	<b>DAY 2</b>
Jan	Lunch 1 Beef Cubes	Dinner 1 Chicken
Feb	Lunch 12 Pork Chops	Dinner 4 Spaghetti
Mar	Lunch 5 Yankee Pot Roast	Dinner 5 Veal
April	Lunch 2 Ham	Dinner 11 Chicken Breast #3327
May	Lunch 9 Turkey	Dinner 6 Salisbury Steak
June	Lunch 6 Fish	Dinner 12 Stuffed Pork Chops
July	Lunch 7 Baked Chicken	Dinner 11 Hamburger
Aug	Dinner 5 Veal	Lunch 3 Swedish Meatballs
Sep	Dinner 3 Steak	Lunch 2 Ham
Oct	Lunch 7 Beef Stew	Dinner 4 Spaghetti
Nov	Lunch 14 Oven Fried Chicken #3218	Lunch 9 Meatloaf
Dec	Lunch 1 BBQ Beef	Dinner 9 Turkey

**APPENDIX B****Box Lunch 1 (Cold sandwich)**

Ham, sliced  
Cheese, sliced  
Hard salami, sliced  
Lettuce, fresh  
Apples, fresh  
Rye bread  
White bread  
Coffee, roasted

Sugar, gran  
Pickles, dill  
Individual mustard  
Individual salad dressing  
Individual cookies  
Instant tea  
Cream sub dry  
Potato chips  
Juice, 6 oz

**Box Lunch 2 (Hoagie)**

Bologna, sliced  
Cheese, sliced  
Ham, sliced  
Hard salami, sliced  
Lettuce, fresh  
Onions, fresh  
Apples, fresh  
Rolls, hoagie

Individual cookies  
Individual salad dressing  
Italian dressing  
Coffee, roasted  
Cream sub dry  
Pickles, dill  
Potato chips  
Soda  
Sugar, gran

**Picnic Meal**

Frankfurters  
Beef patties  
Cheese, sliced  
Lettuce, fresh  
Beans w/pork  
Tomatoes, fresh  
Rolls, hamburger  
Rolls, hotdog  
Individual cookies

Potato chips  
Pickles, dill  
Individual mustard  
Individual catsup  
Individual salad dressing  
Soda  
*\* for onions request in remarks  
column of DA Form 3294R*